

# ABSTRACT OF THE DISCLOSURE

A focus adjustment apparatus, which attains focus adjustment by extracting, as a focal point voltage, a predetermined frequency component of a video signal  
5 obtained from an image sensor upon sensing an image of an object, and moving a focus adjustment member in an optical axis direction using a moving unit to maximize the focal point voltage, has a detector that detects a half-stroke state of a shutter button, and a  
10 full-stroke state which is set via the half-stroke state, and a controller that executes focus adjustment control for the half-stroke state upon detection of the half-stroke state, and selectively enables or disables the focus adjustment control for the half-stroke state  
15 in accordance with a time elapsed from detection of the half-stroke state until detection of the full-stroke state, upon detection of the full-stroke state.